

CLAIMS

WHAT IS CLAIMED IS:

1. An article of footwear comprising:
a sole;
5 an insole;
a heel having a height greater than the thickness of the insole, with the heel being composed of a solid material; and
a cushion positioned on a rear portion of the insole above the heel.
- 10 2. The article of footwear of claim 1, further comprising:
a strap for removably securing at least the insole to the foot of a wearer.
3. The article of footwear of claim 2, further comprising:
a fastener for removably attaching a portion of the strap to the insole.
- 15 4. The article of footwear of claim 3, wherein the fastener is a hook-and-loop fastener.
5. The article of footwear of claim 1, wherein the solid material of the heel is
20 hardened plastic.

6. The article of footwear of claim 1, wherein the heel includes:
a bottom portion of a first predetermined width; and
a middle portion positioned vertically above the bottom portion and
having a second predetermined width less than the first predetermined width.

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7. The article of footwear of claim 1, wherein the heel includes:
an aperture passing through the heel and extending from one lateral side to
the other lateral side of the heel.

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8. The article of footwear of claim 1, further comprising:
a logo attached to a lateral side of the heel.

9. An article of footwear comprising:

a sole having a front portion and a rear portion;

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a heel positioned over the rear portion of the sole, with the heel composed
of a solid material;

an insole positioned upon the heel and the front portion of the sole; and

a cushion positioned on a rear portion of the insole above the heel;

wherein the heel has a height greater than the thickness of the insole.

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10. The article of footwear of claim 9, further comprising:

a strap, attached to the insole, for removably securing at least the insole to
the foot of a wearer.

11. The article of footwear of claim 10, further comprising:
a fastener for removably attaching a portion of the strap to the insole.

- 5 12. The article of footwear of claim 11, wherein the fastener is a hook-and-loop fastener.

13. The article of footwear of claim 9, wherein the solid material of the heel is hardened plastic.

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14. The article of footwear of claim 9, wherein the heel includes:
a bottom portion of a first predetermined width; and
a middle portion positioned vertically above the bottom portion and
having a second predetermined width less than the first predetermined width.

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15. The article of footwear of claim 9, wherein the heel includes:
an aperture passing through the heel and extending from one lateral side to
the other lateral side of the heel.

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16. The article of footwear of claim 9, further comprising:
a logo attached to a lateral side of the heel.

17. An article of footwear comprising:
- a sole having a front portion and a rear portion;
 - a heel positioned over the rear portion of the sole;
 - an insole positioned upon the heel and the front portion of the sole;
 - 5 a cushion positioned on a rear portion of the insole above the heel; and
 - a strap, attached to the insole, for removably securing at least the insole to
- the foot of a wearer;
- wherein the heel has a height greater than the thickness of the insole.
18. The article of footwear of claim 17, further comprising:
- 10 a fastener for removably attaching a portion of the strap to the insole.
19. The article of footwear of claim 18, wherein the fastener is a hook-and-loop fastener.
20. The article of footwear of claim 17, wherein the heel is composed of
- hardened plastic.
21. The article of footwear of claim 1, wherein the cushion extends along at
- 20 least a portion of a peripheral edge of the insole.

22. The article of footwear of claim 21, further comprising:
a retaining device for retaining at least a portion of the foot substantially
adjacent to the insole.